

Basic life support

On 16th October 23' at JM International School, Dwarka organized a BLS(Basic Life Support)session to guide students regarding Basic Life Support & Hygiene. A team of medical practitioners from Manipal Hospital Dwarka, conducted the session in school auditorium

Life skills are essential abilities that enable individuals to effectively deal with the challenges and demands of everyday life. These skills not only improve the quality of life but can also be life-saving in certain situations. This workshop aimed to highlight the importance of basic life skills and provide guidance on how to deal with medical emergencies.

These skills, combined with a calm and rational approach, can make a significant difference in emergencies. It is essential to equip individuals with these skills, and continuous training and awareness are key to being prepared for any situation life may throw at us.